

I have a lot of different feelings right now, is that normal?

Having a baby is a really big deal. Mothers often have a lot of different feelings and emotions in the weeks and months after they give birth. These feelings can change often and go from happy to sad to worried to scared and back again. Mothers may find that things affect them more now than they did before.

Most mothers may experience the “baby blues”. They may feel sad and cry easily for a little while after they have a baby. Some mothers experience much stronger feelings. These moms may have postpartum depression. Postpartum depression happens more than most women know. In fact, one out of every ten new mothers has postpartum depression. Postpartum depression can be very serious and prevent you from caring for yourself and your baby. Talk to your healthcare provider if you feel sad or depressed.



Experts suggest that all new mothers:

- Sleep and rest as often and as much as they can
- Eat nutritious food. Avoid things like alcohol and lots of sugar
- Get out of the house at least once a day – sit on the front porch or go to a friend’s house.

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If you have one or more of the symptoms below, call your health care provider as soon as you can. There are many ways that they can help you get through this difficult time. You can also call the NC Care-line at 1-800-662-7030 from 7:00am to 11:00pm seven days a week.

Don’t be afraid to ask for help if you are...

- Feeling really, really tired almost all the time
- Feeling really worried
- Crying all the time
- Not being able to sleep...even when the baby is asleep
- Having scary thoughts
- Feeling guilty
- Having a change in appetite
- Being so tired and worried that you can’t care for the baby
- Not being able to feel happy or to enjoy simple things, like reading a good magazine or catching up with a friend